



Petrklič help workshop methodology

Activity 1	
Name	Why Choose Energy-Saving Appliances?
Purpose/goal of the activity	This workshop will introduce participants to the practical and environmental benefits of using energy-efficient appliances. Emphasis will be placed on how everyday decisions impact climate change, resource use, innovation, and personal finances.
Target group	Young people aged 16–26, including high school, vocational, and university students with a general interest in sustainability or responsible living.
Profile of the facilitator	An experienced youth educator or workshop facilitator with a background in environmental or sustainability education. The facilitator will guide discussions and support participatory learning.
Profile of the participants	Students with basic awareness of environmental issues and openness to reflecting on their habits and choices.
Group briefing	Participants will receive a short pre-workshop briefing outlining the topic and structure. During the session, the facilitator will introduce the objectives, and a closing reflection will support learning consolidation.
Estimated size and type of the group	Up to 25 participants, suitable for small-group tasks and open discussion.
Learning outcomes / objectives	By the end of the workshop, participants will be able to: Explain how energy-efficient appliances reduce energy use and costs. Identify environmental benefits linked to energy efficiency. Evaluate long-term savings despite higher upfront costs. Understand how consumer demand drives innovation and policy. Reflect on personal habits and identify actions toward sustainable energy use.
Activity Outline	
Goal/main focus	This activity will make the topic of energy-saving appliances engaging, relatable, and practical for young people. The focus will be on connecting

	the theme to everyday routines, encouraging personal reflection on energy habits, and supporting informed decision-making for sustainable living.
Duration	60 minutes
Introduction to the topic	<p>The session will begin with a brief overview of how energy efficiency plays a role in our lives, both individually and collectively. Participants will be introduced to the concept through examples that highlight financial savings, reduced environmental impact, and the broader implications for climate change. Attention will be given to how energy-efficient appliances, while sometimes more expensive upfront, typically lead to long-term cost savings and improved performance. The facilitator will also explain how these choices support innovation in technology, reduce reliance on fossil fuels, and contribute to international sustainability goals. Personal responsibility will be emphasized, encouraging participants to consider how their individual decisions—however small—can play a role in larger environmental outcomes.</p>
Task Description	<p>Video Introduction</p> <p>The activity will begin with a short video introducing the topic of energy-saving appliances and their benefits.</p> <p>Group Work</p> <p>Participants will be divided into five groups, each assigned one of the following discussion themes: saving money, innovation and technological progress, long-term savings, impact on climate change, and personal responsibility. Each group will discuss their assigned topic for 15 minutes and record key insights and examples on paper.</p> <p>Presentations</p> <p>Each group will present their findings to the larger group. Presentations will be limited to five minutes per group, with time for brief questions or comments after each.</p> <p>Facilitated Discussion</p> <p>After the group presentations, a short guided discussion will be held to compare perspectives and highlight recurring themes across the topics.</p> <p>Workshop Conclusion</p> <p>The facilitator will compile and summarize key takeaways on a flipchart, followed by the interactive evaluation activity “Výstup na Říp,” where</p>

	participants reflect on what they learned and express their takeaways in a creative, movement-based format.
Remarks	
Supporting materials	Projector and speakers (for video), Flipchart and markers, Printed worksheets or blank paper for group notes, Notebooks and pencils for participant use

Activity 2	
Name	EcoAppliances Challenge
Purpose/goal of the activity	This interactive game aims to help participants understand the importance of energy efficiency and the role of energy-saving appliances in everyday life. Through simulated decision-making and teamwork, players explore how their choices—regarding appliance selection, use, and maintenance—impact energy consumption, household expenses, and sustainability. The game encourages practical thinking, introduces basic budgeting principles, and reinforces the relevance of informed consumer behavior.
Group briefing	Participants will receive a short written or verbal briefing at the start of the session introducing the activity’s goal and format. They will be divided into teams and presented with a fictional household scenario, a fixed budget, and a list of appliances to choose from. During the game, they will solve challenges, adapt to new conditions using scenario cards, and present their strategies. At the end, a short facilitated evaluation will allow participants to reflect on what they learned and how it relates to real-life behavior.
Learning outcomes / objectives	<p>By the end of the activity, participants will be able to</p> <p>Understand energy efficiency by recognizing how different appliances affect home energy use and environmental impact.</p> <p>Develop economic and planning skills through budgeting and resource allocation decisions during the game.</p> <p>Apply critical thinking to evaluate appliance options based on both cost and long-term efficiency.</p> <p>Transfer knowledge to real life, using what they’ve learned to make smarter appliance choices in their daily routines and influence household sustainability decisions.</p> <p>.</p>

Activity Outline	
Goal/main focus	The goal of the game is for students to understand the importance of energy efficiency and the capabilities of energy-saving appliances in everyday life.
Duration	90-120 mins
Introduction to the topic	<p>Understanding energy efficiency is increasingly essential for young people growing up in a world shaped by climate change, technological transformation, and evolving energy policy. This activity introduces the importance of energy-saving appliances through multiple lenses.</p> <p>Participants will explore how the energy performance of household devices contributes directly to greenhouse gas emissions and resource depletion. They will also examine how individual choices—such as selecting an efficient refrigerator or using a washing machine on an eco-setting—can influence broader energy consumption trends.</p> <p>Energy-saving appliances also reduce the strain on national energy systems and support economic resilience by decreasing dependency on imports. At a personal level, financial literacy is developed as students recognize how efficient devices lead to reduced energy bills. This concept becomes more tangible when they are required to manage a budget and make trade-offs during the game.</p> <p>Throughout the session, students will see how promoting energy efficiency drives innovation and fuels careers in STEM fields, policymaking, and sustainability. Most importantly, they will be encouraged to act not only as informed consumers but also as socially engaged individuals capable of influencing larger environmental and policy outcomes.</p>
Task Description	<p>Gameplay Format</p> <p>Character Creation</p> <p>Each participant creates a virtual character assigned a budget and an energy allowance. This setup helps simulate realistic resource management in a household setting.</p> <p>Tasks and Puzzles</p> <p>Players solve appliance-related challenges, e.g., selecting the most efficient lighting, comparing the long-term costs of two fridge models, or planning laundry times to optimize energy use. Tasks are designed to be context-sensitive, reflecting national appliance labeling and household energy behaviors.</p> <p>Budget and Investments</p> <p>Each decision impacts the player's budget and energy balance. Participants</p>

	<p>must balance short-term comfort with long-term energy efficiency—mirroring the decision-making process in real life.</p> <p>Results and Ranking After each round, teams or individuals are evaluated based on energy savings and financial health. Rankings encourage healthy competition and reflection on strategy.</p> <p>Embedded Learning Throughout the game, players are exposed to mini fact cards, energy tips, and visual data on appliance performance. This format ensures that learning continues organically during gameplay.</p> <p>Group Discussion and Presentation After the activity, participants will reflect on their strategies and decisions. Teams share insights about energy-saving behaviors and the rationale behind their investments. A guided discussion will help draw connections to participants’ daily lives and national contexts.</p>
Remarks	
Supporting materials	Printed task cards (with questions, scenarios, puzzles), charts, markers, Participant notebooks, Smartphones (optional, for quick research or scoring), Internet access (optional, for referencing appliance data or energy comparison tools),

Activity 3	
Name	Design your Eco Label
Purpose/goal of the activity	To help participants understand the complexity behind sustainability claims on consumer goods and empower them to design meaningful, clear, and responsible eco-labels that educate consumers and combat greenwashing.
Group briefing	Students are introduced to the world of eco-labels through real examples such as the EU Ecolabel, Fairtrade, Rainforest Alliance, etc. The facilitator will highlight key principles: transparency, verification, and consumer impact. Participants work in teams to design an eco-label for a product category, define its criteria, and prepare a short pitch.
Learning outcomes / objectives	<p>By the end of the activity, participants will be able to:</p> <p>Identify common types of eco-labels and their credibility</p> <p>Evaluate the difference between genuine sustainability indicators and</p>

	<p>greenwashing</p> <p>Understand the importance of transparency in consumer information</p> <p>Practice creative thinking and ethical reasoning in sustainability communication</p> <p>Apply marketing and design skills to real-world sustainability challenges</p>
Activity Outline	
Goal/main focus	<p>The aim of this workshop is to deepen students’ understanding of the environmental impact of food production and consumption. By learning about the carbon footprint of various food items, participants will be better equipped to make informed choices that support ecological sustainability, responsible agriculture, and climate-conscious living.</p>
Duration	60 minutes
Introduction to the topic	<p>Food production is a major contributor to global greenhouse gas emissions, especially in relation to meat, dairy, and imported goods. Understanding the carbon footprint of what we eat allows us to identify more sustainable options, reduce waste, and influence positive change in food systems. Students will explore how shifting toward lower-emission food options can support the fight against climate change, help preserve forests and biodiversity, and encourage more sustainable farming practices. By linking consumer choices with supply chain dynamics, the session also illustrates how individual actions can contribute to global efforts toward fair trade and climate resilience.</p> <p>The activity encourages not only responsible consumption, but also broader awareness of how environmental challenges are interconnected across borders—and how innovation in agriculture and production is evolving in response to changing consumer values.</p>
Task Description	<p>Video Introduction</p> <p>The session begins with a short educational video on the carbon footprint of food, offering a visual and accessible explanation of key terms and examples.</p> <p>Group Work</p> <p>Participants are divided into five groups. Each group is assigned one of the following themes for discussion:</p> <p>Personal responsibility</p> <p>Climate impact</p>

	<p>Consumer influence</p> <p>Agricultural sustainability</p> <p>Global responsibility</p> <p>Groups will discuss the implications of their theme, referencing examples from the video and their own lives. They will record their main points on paper.</p> <p>Presentations</p> <p>Each group presents a 5-minute summary of their discussion. The facilitator supports the presentations with clarifying questions or brief insights.</p> <p>Facilitated Discussion</p> <p>A whole-group conversation follows, connecting the group findings to two core themes: environmental awareness and global perspective. The facilitator encourages reflection on what surprised participants, what habits might change, and how youth can influence food systems.</p> <p>The facilitator summarizes key takeaways on a flipchart. The workshop ends with the evaluation activity.</p>
Remarks	
Supporting materials	notebook, projector, flipchart, paper, markers, pencils

Activity 4	
Name	More sustainable and environmentally friendly eating habits
Purpose/goal of the activity	To provide participants with space to express their opinions on the possibilities of reducing the carbon footprint of food thanks to changing eating habits, to develop students' critical thinking, to develop their argumentation skills.
Group briefing	In the written invitation to the workshop, the participants will be informed about the content and course of the workshop. At the beginning of the activity, the objective of the activity will be repeated to the students. After the end of the activity, there will be a controlled evaluation discussion of the participants and the definition of the newly acquired learning outcomes.
Learning outcomes / objectives	<p>Understanding the fact that reducing the carbon footprint associated with food can be achieved by choosing foods and eating habits that are environmentally friendly.</p> <p>understand the issue of the carbon footprint of water bodies strengthen the ability</p>

	<p>to work in a team</p> <p>to strengthen the ability of critical thinking strengthen the ability</p> <p>to argue objectively strengthen the ability</p> <p>to respect the opinion of others</p>
Activity Outline	
Goal/main focus	To deepen students' understanding of sustainability marketing, product transparency, and eco-communication by designing responsible and creative eco-labels.
Duration	60 minutes
Introduction to the topic	<p>Eco-labels and green product badges have become standard features in marketing—from “100% biodegradable” to “climate neutral.” But many consumers struggle to understand what these claims actually mean. Are they based on strict environmental standards? Are they verified by third parties—or are they just a form of greenwashing?</p> <p>This activity gives participants the tools to deconstruct real eco-labels and think critically about what responsible environmental communication should look like. It also pushes them to think like product designers or marketers who must balance sustainability with clarity, transparency, and consumer trust.</p>
Task Description	<p>This creative activity blends visual design, sustainability literacy, and teamwork. The structure is as follows:</p> <p>Topic Introduction (10 minutes)</p> <p>The facilitator presents real-world eco-label examples, explaining which are regulated (e.g., EU Ecolabel, FSC, Fairtrade) and which are more ambiguous or misleading. A short discussion on greenwashing helps set the critical tone.</p> <p>Team Formation & Product Selection (5 minutes)</p> <p>Participants form small groups (3–5 people). Each team selects a product category (e.g., snack food, T-shirt, mobile phone, shampoo).</p> <p>Label Creation (25 minutes)</p> <p>Each team designs an eco-label including:</p> <p>Name and visual design (hand-drawn or digital)</p> <p>Criteria for awarding the label (e.g., low emissions, ethical sourcing)</p> <p>How it is verified (e.g., audits, certifications, consumer transparency)</p>

	<p>Pitch Presentations (15 minutes)</p> <p>Each team presents their label in a short pitch (2–3 minutes), explaining the meaning, purpose, and how it avoids greenwashing.</p> <p>Feedback & Reflection (5 minutes)</p> <p>The group discusses which designs were most clear, innovative, or trustworthy. The facilitator summarizes key takeaways and highlights examples that might work in the real world.</p>
Remarks	
Supporting materials	notebook, projector, flipchart, paper, markers, pencils

Activity 5	
Name	Green Debate: Food Systems, Local vs. Global Supply Chains
Purpose/goal of the activity	To develop students' ability to critically assess the environmental and economic implications of local versus global food sourcing. The activity also strengthens public speaking, argumentation, and the capacity to understand diverse perspectives in sustainable food systems.
Group briefing	Participants will be introduced to the topic through a short explanation of global food supply chains, carbon emissions in transport, local farming challenges, and access to diverse food year-round. The facilitator will explain the rules of the structured debate and assign stakeholder roles. Each group receives time to prepare arguments. After the debate, a reflection session follows to consolidate the learning.
Learning outcomes / objectives	<p>By the end of the activity, participants will be able to</p> <p>Understand the environmental impact of local vs. global food systems</p> <p>Explore trade-offs between sustainability, economics, and accessibility</p> <p>Develop critical thinking and structured argumentation skills</p> <p>Empathize with different stakeholders in the food system</p> <p>Reflect on the complexity of consumer decisions in a globalized world</p>
Activity Outline	
Goal/main focus	To encourage critical reflection on the environmental, economic, and social implications of local versus global food systems, while developing communication, empathy, and debate skills.
Duration	90 minutes

Introduction to the topic	<p>Globalized food systems provide year-round access to diverse food products, often at low prices. Yet this convenience comes with a hidden cost: environmental degradation through food miles, packaging waste, and emissions from transportation and cold storage. At the same time, local food systems are praised for freshness, lower emissions, and support of regional economies—but they may face challenges like seasonality, limited availability, and higher costs.</p> <p>This topic invites participants to critically examine these opposing approaches and understand that sustainability is rarely black and white. The debate format allows students to see the perspectives of various stakeholders and understand the complexity of building a fair, sustainable food future.</p>
Task Description	<p>The activity follows a structured debate format using role-play to encourage empathy and critical thinking. The structure is as follows:</p> <p>Kick-off & Context (10 minutes)</p> <p>The facilitator introduces the topic using brief slides or verbal storytelling, explaining food miles, emissions, and real-life supply chain examples (e.g., avocado imports, local farming cooperatives). Participants are introduced to the format and objectives of the activity.</p> <p>Role Assignment (5 minutes)</p> <p>Each participant or group receives a stakeholder role such as:</p> <p>Local farmer Global food importer</p> <p>Small grocery owner Environmental NGO representative Teen consumer on a budget</p> <p>Roles are balanced across both sides of the debate (pro-local vs. pro-global).</p> <p>Preparation (15 minutes)</p> <p>Groups prepare their arguments, drawing on provided fact sheets and their own ideas. The facilitator may offer guiding questions and clarify terms.</p> <p>Debate (25 minutes)</p> <p>Opening arguments (2 mins per team) Rebuttals and cross-questions (10 mins) Audience Q&A (5 mins) Closing statements (1 min per team)</p>

	Reflection (5 minutes) The facilitator leads a reflection where students identify trade-offs and share whether their views shifted during the debate.
Remarks	
Supporting materials	Role cards, printed factsheets (food miles, emissions data), debate timer, flipchart or whiteboard